

## What is Viral Hepatitis?

Hepatitis A and B are viruses that cause liver inflammation. People who are infected with hepatitis A and B can spread these viruses to others through bodily fluids (e.g., saliva, blood, semen) and feces.

## What are the symptoms of Hepatitis?

Hepatitis A and B have similar symptoms. Hepatitis A symptoms are acute (lasting less than 6 months), and hepatitis B symptoms can be either acute or chronic (lasting more than 6 months).

### Common symptoms include:

- Fever
- Yellow skin and eyes (jaundice)
- Fatigue
- Nausea and stomach pain
- Dark urine



## Who is at highest risk for viral Hepatitis infections?



Travellers



People with  
weakened immune  
systems



older adults  
(60+)



People with  
chronic liver  
disease



Pregnant  
people



Healthcare  
workers

## What are the Hepatitis A & B vaccine guidelines?

Vaccines exist to protect against both Hepatitis A and B.

- **Hepatitis B vaccines are recommended for everyone.** This vaccine is offered for free in Canada, and it is commonly offered to children as part of school-based vaccine programs.
- **Hepatitis A vaccines are recommended for people who are at high risk for infection.** These vaccines are offered for free through some public programs, but are not covered for everyone.
- Those who do not qualify for publicly funded vaccines **may be covered through their employee benefits plans.**



People who are at an increased risk for viral hepatitis should speak to their healthcare provider about getting vaccinated.

Vaccination remains one of the best ways to safeguard yourself from preventable diseases, reduce the risk of serious illness and complications and prevent the spread of disease to others. Talk to your healthcare provider to learn more about how vaccination can support you and your families health and wellness.

For more information and resources please visit: [employerhealth.ca](https://www.employerhealth.ca)